

- B. Fill in each blank with an appropriate transition word from the box. Use each transition once. Then answer the question that follows.

another	during	one
third		

<sup>1</sup>Many people who do sit-ups may not be getting the full benefit of the exercise because they're doing them incorrectly. <sup>2</sup>Here are three common sit-up errors—and what should be done instead. <sup>3</sup>(6)\_\_\_\_\_ error is allowing the stomach muscles to bulge out, rather than tucking them in. <sup>4</sup>Doing this repeatedly can cause the muscles to stay stuck out, rather than flattening, which is the goal. <sup>5</sup>To make sure your stomach muscles are tucked in while exercising them, try pushing your tummy into your back—that's what it should feel like. <sup>6</sup>(7)\_\_\_\_\_ error is not breathing while doing sit-ups. <sup>7</sup>Many people instinctively hold their breath during physical exertion—so they don't get the oxygen necessary to fuel an effective workout. <sup>8</sup>The proper (and easiest) way to breathe (8)\_\_\_\_\_ sit-ups is to inhale for the easy part (lowering your back) and then to exhale during the hard part (lifting yourself up). <sup>9</sup>A (9)\_\_\_\_\_ error is keeping the legs straight, which uses—and can strain—the lower-back muscles, rather than making full use of the stomach muscles. <sup>10</sup>For safer, more effective sit-ups, keep those knees bent.

10. The main pattern of organization of the above paragraph is
- A. list of items.
  - B. time order.